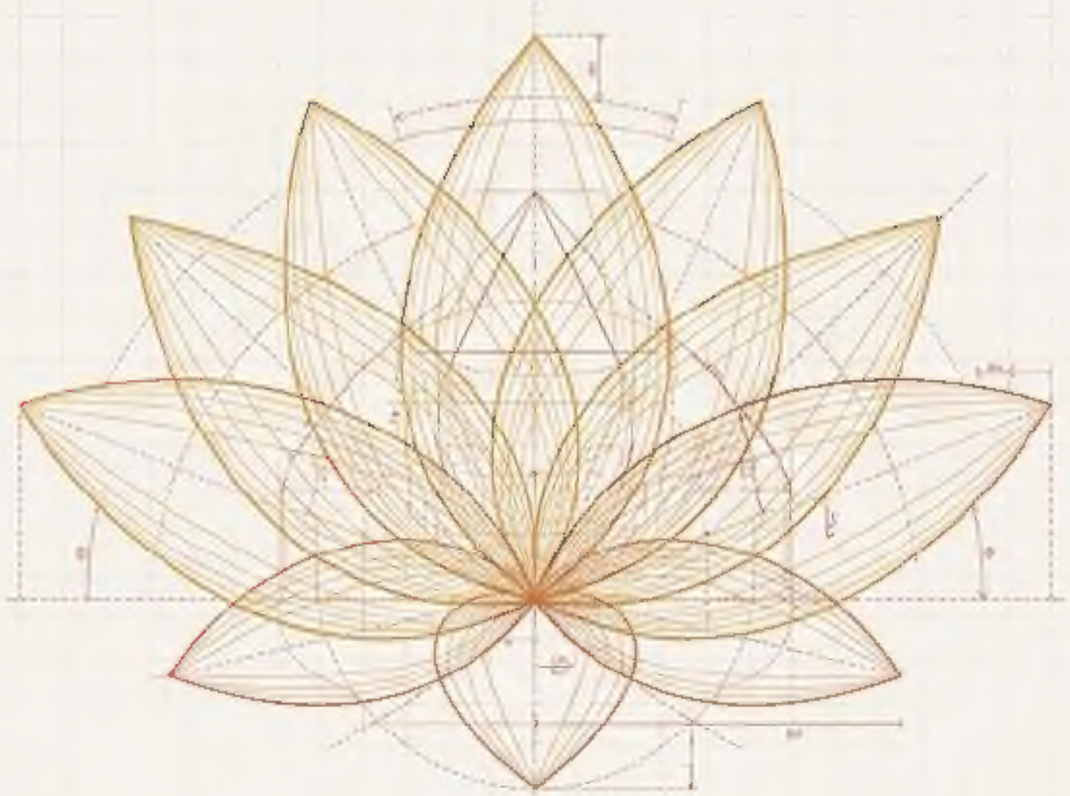
MAY



A Decade of Merit

A Record of Philanthropic Giving and Philosophical Evolution (2014–2025)

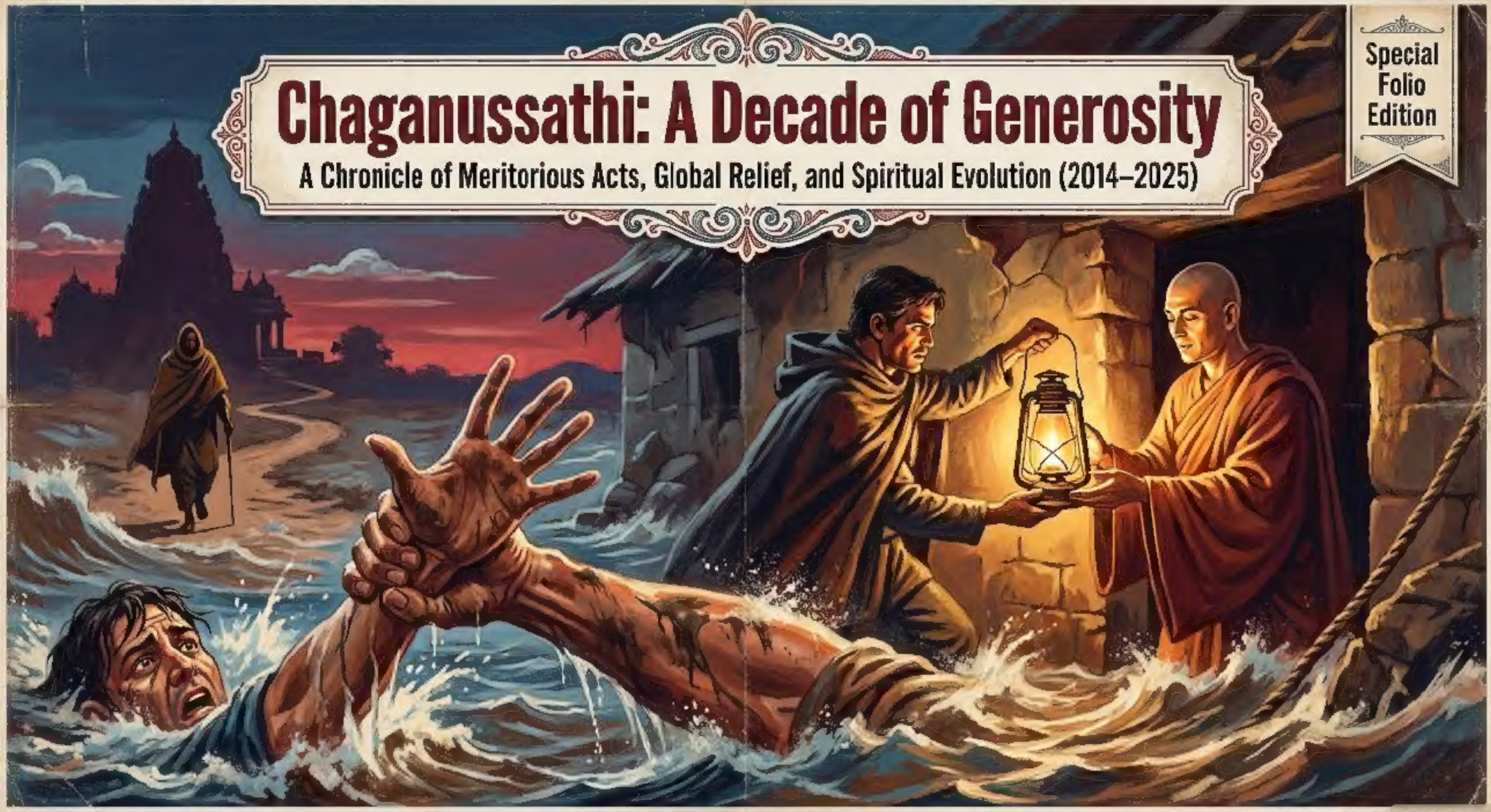
Documented for the practice of Chaaganussathi (The recollection of generosity)

NotebookLM

චාගානුස්සති: දස වසරක දන් දීමේ සිතුවම (2014 - 2025)

භෞතික පරිත්‍යාගයේ සිට ආධ්‍යාත්මික අත්හැරීම දක්වා දිවෙන දශකයක ගමන් මග.

NotebookLM


Chaganussathi: A Decade of Generosity
A Chronicle of Meritorious Acts, Global Relief, and Spiritual Evolution (2014–2025)
Special Folio Edition

NotebookLM

The Quiet Light

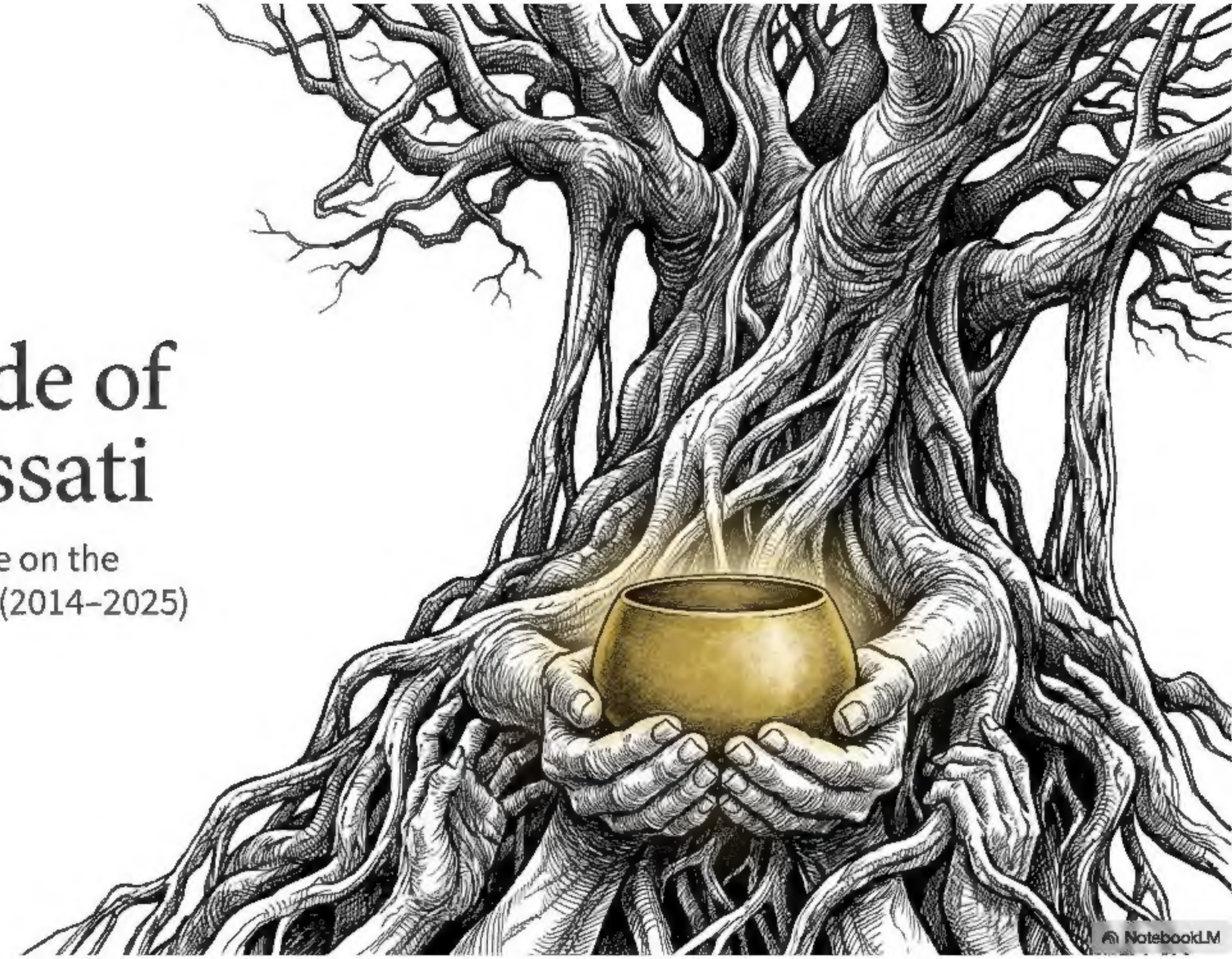
A decade of continuous generosity, global impact, and the spiritual evolution toward silent giving (2014–2025).

Prepared for solitary reflection.

NotebookLM

The Decade of Chāgānussati

A Ten-Year Retrospective on the Evolution of Generosity (2014–2025)



NotebookLM

The Light of Merit
A Decade of Generosity (2014–2025)
Chronicling the epic journey from material sacrifice to spiritual mastery.
NotebookLM

The Catalyst: Planting the Seed of Giving

Chaaganussathi:
The Buddhist practice of recollecting one's own generosity not for ego, but to cultivate joy, mental purity, and momentum for future merit.

Event: Supporting the Sucharithodaya orphanage

Context: Executed just before relocating to the United States.

Insight: Though the donor had a modest salary at the time, this contribution represented a proportionally significant sacrifice, establishing a mindset of giving that transcended financial comfort.

2014

NotebookLM

Spiritual (Buddhism)

Supporting temples, sustaining monastics, and preserving the Dhamma.

Humanitarian

Providing food, education, and compassion to the vulnerable.

Crisis Response

Rapid relief during floods and global health emergencies.

Measuring Sacrifice, Not Currency

Throughout this folio, acts of generosity are not quantified in raw dollars, but measured by the Living Expense Index—calculating the donation's equivalent in Months of Sri Lankan Living Expenses. This metric grounds the financial data in human sacrifice.

NotebookLM

දයාවේ පළමු බීජය: සුචරිතෝදය අනාථ නිවාසය (2014)

- ඇමරිකාවට පැමිණි මුල් අවදිය.
- ලැබුණු කුඩා වැටුපට සාපේක්ෂව විශාල මුදලක් වෙන් කිරීම.
- අංජන හරහා ශ්‍රී ලංකාවේ 'සුචරිතෝදය' අනාථ නිවාසයට කළ මූලික උපකාරය.

ප්‍රමාණය කුමක් වුවත්,
දීමේ චේතනාව එහි වටිනාකම
තීරණය කරයි.

NotebookLM

දේශසීමා නොමැති කරුණාව (2016 - 2017)

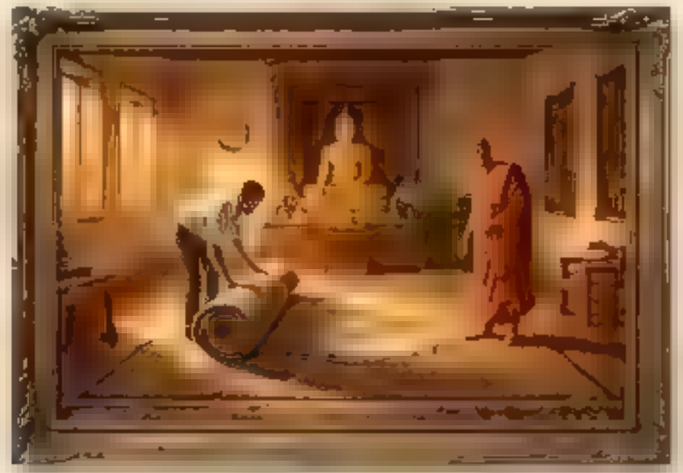
ශ්‍රී ලංකාවේ ගංවතුර ආධාර: ශ්‍රද්ධා ටීවී හරහා මෙට්ට ලබාදීම සහ දරුවන් 52 කට (රු. 3000 බැගින්) පාසල් උපකරණ/ඇඳුම් (මාස 1.5 ක ජීවන වියදමකට සමාන).

ආහාර පාර්සල්: ගිලන් භික්ෂු පිරිකර සහ ආහාර.

ඇමරිකාවේ මානුෂීය ආධාර: නිවාස නොමැති අයට කෝපි සහ ආහාර පිරිනැමීම.

NotebookLM

සසුන් කෙතේ යටිතල පහසුකම් ගොඩනැගීම



කැලිෆෝනියා අසපුව (2016):
කාමර 4ක් කාපට් කිරීම (මාස 2 ක වියදම).

භික්ෂු නේවාසිකාගාර - විහස්ස්වාද (2018):
අනුරාධපුර සහ නුවර භික්ෂූන් වහන්සේලා සඳහා
මහා පරිමාණ දායකත්වය (මාස 7 ක වියදම).

බණ්ඩාර අසපුව (2018): විපස්සි බුදුරජාණන් වහන්සේගේ
පිළිමය සහ CCTV පද්ධතිය (මාස 6 ක වියදම).

සිරිවාසව සමිබුද්ධ රාජ මහා ප්‍රාසාදය & පොල්ගහවෙල ධර්මශාලාව:
ආහාරිය සහ ගොඩනැගීම් සඳහා මූලික දායකත්වය (මාස 0.5 ක වියදම).

NotebookLM

අපගේ සම්මා සම්බුදු රජාණන් වහන්සේ උදෙසා
අනුරාධපුරයේ මහමෙව්නාව අසල පිරිතෙන් ඉදිකරවා පෝතාව ඇති
"සිරි වාසව සම්බුද්ධරාජ මහා පාසාදයේ අනුරුව"
මෙම අනුග්‍රහය විහාර මහාදේවී
අනුරාධපුර අගමැතිනියගේ සැමියන්ගේ දැඩි විශ්වාස සත්තුවෙන් අත්කරගනු ලැබී

මෙම අනුරාධ පෙදෙසෙහිම ඉදිකෙරෙන ප්‍රථම සම්පූර්ණ රාජ මහාවිහාරයේ ප්‍රදානසෙට තබා ඇත.

සේරුවිල දරුවන්ගේ කුසගිනි නිවෙන හැටි | Serving a Balanced Meal to Seruwila Children

The Four Pillars of Impact

Monastic Support & Infrastructure

Funding the construction of accommodations, stupas, and supplying daily requ sites to susta'n the Sangha.

Dhamma Propagation & Technology

Modernizing the spread of Buddhist teachings across borders through technical equipment, translations, and transcription.

Human Welfare & Education

Providing direct nourishment, medical support, and educational tuition to vulnerable populations and students.

Disaster & Crisis Relief

Rapid-response financial aid for communities affected by natural disasters and global health crises.

NotebookLM

A Global Footprint of Generosity

United States: California / Fresno / Abhayagiri Monastery

Local community support & monastic sustenance

Portugal

Sponsorship of European Dhamma translation efforts

India

Emergency COVID-19 relief

Myanmar (Burma)

Digital infrastructure for international Dhamma propagation

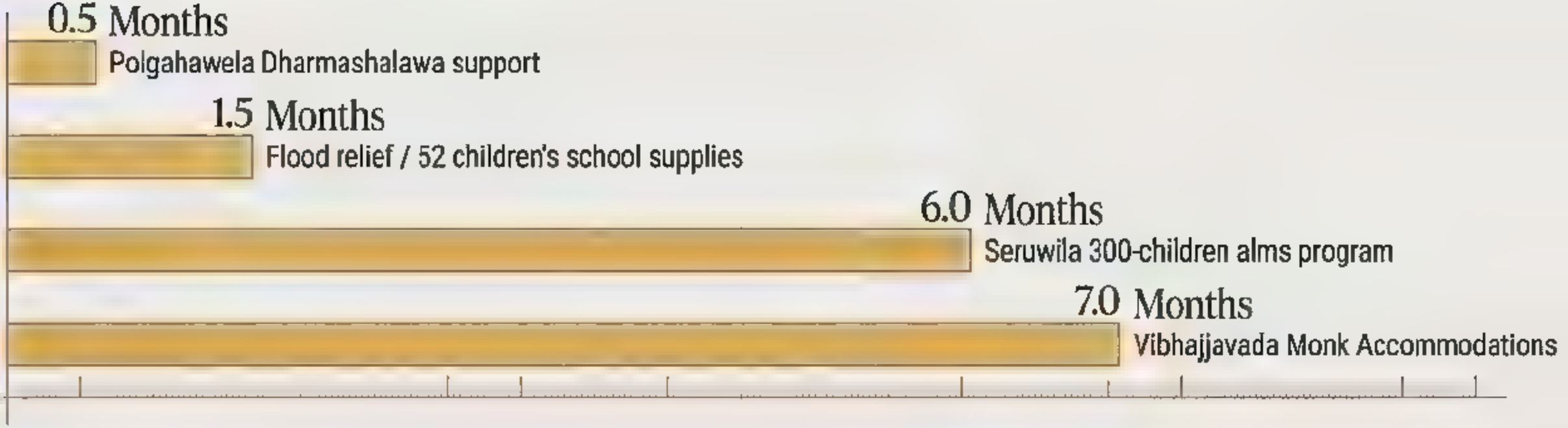
Sri Lanka: Polgahawela / Anuradhapura / Seruwila

Infrastructure, youth education, and disaster relief

NotebookLM

The Currency of Empathy

Rather than tracking sheer dollar amounts, contributions were continually measured against the cost of living in Sri Lanka. Grounding US-based income in the homeland's economic reality maintained perspective and ensured the generosity required true personal sacrifice.



NotebookLM

Foundation Years (2016–2018): Establishing the Practice

2016

Infrastructure: Carpeting 4 rooms at the Californ a Asapuwa (via Damitha Thero).

Relief: Sri Lanka flood relief mattresses via Shraddha TV.

Welfare: Food parcels for the homeland; tea/donations for the US homeless

2017

Relief: Immediate response to a second major flood in Sri Lanka.

Welfare: Complete school supplies (bags, books, clothes) for 52 children (Rs 3000/child).

2018

Infrastructure: Massive 7-month equivalent funding for Vibhajjavada monk accommodations; Bandara Asapuwa Vipassana Buddha statue and CCTV systems.

Tech: Supplying phone chargers for Dhammaguru Thero and speakers for mobile sermons.

NotebookLM

Crisis & Compassion (2019–2021): Navigating the Pandemic

Spiritual Infrastructure

Urgent Crisis Relief

2019

Tathagata Meditation Center support—a donation driven by gratitude for a peaceful meditation environment.

2020

Funding the plastering of the Mirisawetiya stupa; shipping specific Sri Lankan requisites to the Fresno temple during lockdowns.

2021

Monk requisites coordinated via Nildu Akka.

2019 2020 2021

2021: Direct financial intervention for the India COVID-19 crisis, leveraging an Apple corporate matching program to double the impact of the relief funds.

NotebookLM

2022: The Peak of Global Diversification

Transportation

$2,550 provided for a monk's vehicle support (equivalent to 2 months of SL living costs).

Burmese Tech

Visas, generators, and green screens for Dhamma Gaveshi Gaveshi Thero's Pattana sermons; UPS and hard drives for Siddhattha Thero.

Global Translation

Funding the Portuguese Caminho do Dhamma channel and 20 copies of the English translation 'Buddha My Refuge' for Dhamma Dana.

Mass Welfare

Initiating a 44-day mass alms program feeding 300 vulnerable children in Seruwila via Subodha Thero.

NotebookLM

Empowering the Dhamma: Knowledge & Technology

Financial & Technical Inputs

Generators, UPS systems, hard drives, green screens, and translation funding.

Digital Conversion

Digitization, translation, and infrastructure stability in regions facing power cuts (e.g., Myanmar).

Transcription

Typing and digitizing 50 historical sermons of Nimaladhaja Thero.

European Reach

Enabling Portuguese translations for Caminho do Dhamma to cross language barr ers.

Uninterrupted Teaching

Ensuring Burmese monks could broadcast teachings globally despite local power grid failures.

NotebookLM

Human Welfare & Educational Empowerment

Local Compassion

Direct interventions for the homeless population encountered in the US (providing tea and immediate financial support).

Empathy in Illness (Marananussathi)

Financial support for Chris, a US chiropractor and YouTuber battling colon cancer. His journey served as a profound meditation on mortality, bridging digital connection with deep spiritual reflection.

Educational Empowerment

Sponsoring direct one-on-one tuition for students (e.g., Shila) in Sri Lanka, coordinated through Prof. Sujeewa in 2025, ensuring sustained academic futures for the next generation.

NotebookLM

Sustaining Monastic Life

Abhayagiri Grocery Runs

Detailed, consistent nutritional support from the 10th visit onward. Specifically sourcing high-protein vegetarian items (tofu, paneer) and side-kitchen supplies for visiting Burmese monks.

Aloka Meheniwa

Providing dedicated requisites to a revered female monastic who served as a vital Kalyana Mitra (spiritual friend and teacher), demonstrating support across the entire Sangha.

Monumental Architecture

Early, visionary support for the Siriwasawa Sambuddha Raja Maha Prasadaya, proving a commitment to enduring spir˙tual infrastructure.

NotebookLM

The Evolution of Intent: A Philosophical Shift

	Foundation Stage (2014–2020)	Mature Stage (2024–2025)
Focus of Support	Tangible items (carpets, buildings, physical supplies) and public crisis response.	Intangible support (knowledge transfer, translation, education).
Mode of Execution	Reactive to requests; measured heavily against personal financial baselines.	Proactive, strictly needs-based, and fiercely anonymous.
Nature of Currency	Purely monetary and material outputs.	A pivot toward Shramaya—the donation of time, management, and effort.

NotebookLM

2025 & Beyond: The Anonymity Principle

The Turning Point

A joint contribution to Medha Thero, made alongside Thilini. They did not ask if it was needed, nor did they inform the monk they had given it.

The Philosophy of the Unseen Act

Given without asking, completed without seeking acknowledgment

Spiritual Objective

The deliberate practice of anonymity to actively reduce Upakilesha and Wanchaka Dhamma (mental defilements, hidden ego, and the subtle desire for recognition that taints pure generosity).

NotebookLM

තාක්ෂණය හරහා ධර්මයේ හඬ අවදි කිරීම

- බුරුමයේ ධම්මගවේශී හිමි (2022): පවර් කට් සඳහා Generator එකක්, Green Screen සහ වීසා වියදම් (මාස 8 ක ජීවන වියදම).

- පෘතුගීසි ධර්ම නාලිකාව (Camino Do Dhamma): ලේඛකයෙකු හරහා Recording Booth එකක් සහ පරිවර්තන වියදම් (මාස 3 ක ජීවන වියදම).

- සිද්ධත්ථ හිමි සහ දමගුරු හිමි: Hard Disk, Power Banks සහ Phone Chargers පූජා කිරීම.

- මධුසංඛ මහතාට: ජංගම ධර්ම දේශනා රථය සඳහා Speakers 2 ක් පූජා කිරීම.

- නිමල ධජ හිමි: අන්තර්ජාලයට එක් කිරීම සඳහා ධර්ම දේශනා 50 ක් ටයිප් කරදීම.

NotebookLM

දුරස්ථභාවය මැදින් දිගු කළ දෑත්

(කෝවිඩ් සමය 2020 - 2021)

ඉන්දියාවේ කෝවිඩ් සහන (India COVID Relief): අර්බුදකාරී තත්ත්ව ආධාර කිරීම.

ඇපල් (Apple) ආයතනයේ 'Corporate Match' තරහා පරිත්‍යාගය දෙගුණ කර යැවීම.

ෆ්‍රෙස්නෝ පන්සල (Fresno Temple): කෝවිඩ් සමයේ ඇමරිකාවේ විහාරස්ථානයකට ශ්‍රී ලාංකීය වියළි ආහාර (Dry rations/Spices) යැවීම.

හිලන් පිරිකර: නිල්දූ අක්කා හරහා ස්වාමීන් වහන්සේලා දෙනමකට පිරිකර පූජාව.

ප්‍රවාහන පහසුකම් (2022): ස්වාමීන් වහන්සේ නමකගේ වාහනයක් අලුත්වැඩියා කිරීම සඳහා දායකත්වය (මාස 2 ක ජීවන වියදම).

NotebookLM

සේරුවාවිල දරු දැරියන් පෝෂණය කිරීම (2022)
• ප්‍රතිලාභීන්: දුෂ්කර පළාතේ දරුවන් 300 ක්.
• කාලසීමාව: දින 44 ක් පුරා (මාස 2 ක්) අඛණ්ඩව.
• සම්බන්ධීකරණය: සුබෝධය හාමුදුරුවන්ගේ මඟපෙන්වීම යටතේ.
• දායකත්වය: ශ්‍රී ලංකාවේ මාස 6 ක ජීවන වියදමකට සමාන මුදලක්.
තෘප්තිමත් දරුවෙකුගේ සිනහව තරම් ප්‍රබල පින්කමක් තවත් නොමැත.
NotebookLM

වන්දනාව සහ මරණානුස්සතිය (2020 - 2024)

මිරිසවැටිය චෛත්‍යය හුණු ගෑම (2020): සසුන් කෙත අලංකාර කිරීම.

ක්‍රිස් (Chris) යූටියුබර් (2024): බඩවැලේ පිළිකාවකින් පෙළුණු ක්‍රිස්ට ආධාර කිරීම සහ එමගින් පෞද්ගලිකව මරණානුස්සතිය වැඩීම.

අභයගිරියට 10 වන ගමන (2024): සත්ත්ව හිංසාවෙන් තොර Vegan කුස්සියට අවශ්‍ය ද්‍රව්‍ය අඛණ්ඩව සැපයීම.

- ආලෝක මෙහෙණින් වහන්සේ (2024): කල්‍යාණ මිත්‍රයෙකු සහ ධර්ම දේශකාවක ලෙස උන්වහන්සේට උපස්ථාන කිරීම.
- ධර්ම දානය (2022): බුද්ධ චරිතය ඇතුළත් ඉංග්‍රීසි පොත් 20 ක් පූජා කිරීම.

NotebookLM

පරිත්‍යාගයේ න්‍යාසය: දස වසරක පුණ්‍ය ප්‍රවාහය

ජීවිත රැකීම
(Humanitarian)

- ගංවතුර ආධාර
- කෝවිඩ් සහන (ඉන්දියාව/ඇමරිකාව)
- සේරුවාවිල දරු දැරියන්ට දින 44 ක ආහාර

සාසන සංවර්ධනය
(Infrastructure)

- කැලිෆෝනියා අසපුව කාපට් කිරීම
- විහඒජවාද භික්ෂු නේවාසිකාගාර
- බණ්ඩාර අසපුව
- මිරිසවැටිය හුණු ගෑම

ධර්ම ප්‍රචාරය
(Tech & Dhamma)

- බුරුමයේ ස්වාමීන් වහන්සේලාට Generators/Green screens
- පෘතුගීසි නාලිකාව
- ධර්ම දේශනා 50ක් ටයිප් කිරීම
- පොත් දානය

අධ්‍යාපනය
(Education)

- ළමුන් 52 කට පාසල් බෑග්
- මහාචාර්ය සුජීවා හරහා ශීලා නම් සිසුවියට උපකාරක පන්ති (Tuition) සඳහා මාස හාගයක වියදම දැරීම (2025)

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පරිත්‍යාගයේ පරිමාණය: ජීවන වියදමෙන් මැන්න පින්

NotebookLM

ආධ්‍යාත්මික පරිණාමය: උපක්ලේෂ අඩු කරගැනීමේ මාර්ගය (2025)

අපි ඇතුවෙත් නැහැ, තිව්වෙත් නැහැ. එය හුදෙක් වංචක ධර්ම සහ කෙලෙස් අඩු කරගැනීම උදෙසාම කළ පූජාවක් විය.

3. නිරපේක්ෂ දානය: නොඅසාම, නොකියාම අවශ්‍යතා දැක උපකාර කිරීම.

2. කාලය සහ ශ්‍රමය: 2025 වන විට මුදලට වඩා පෞද්ගලික කාලය සහ ශ්‍රම ශ්‍රමය කැප කිරීම කෙරෙහි අවධානය යොමු වීම.

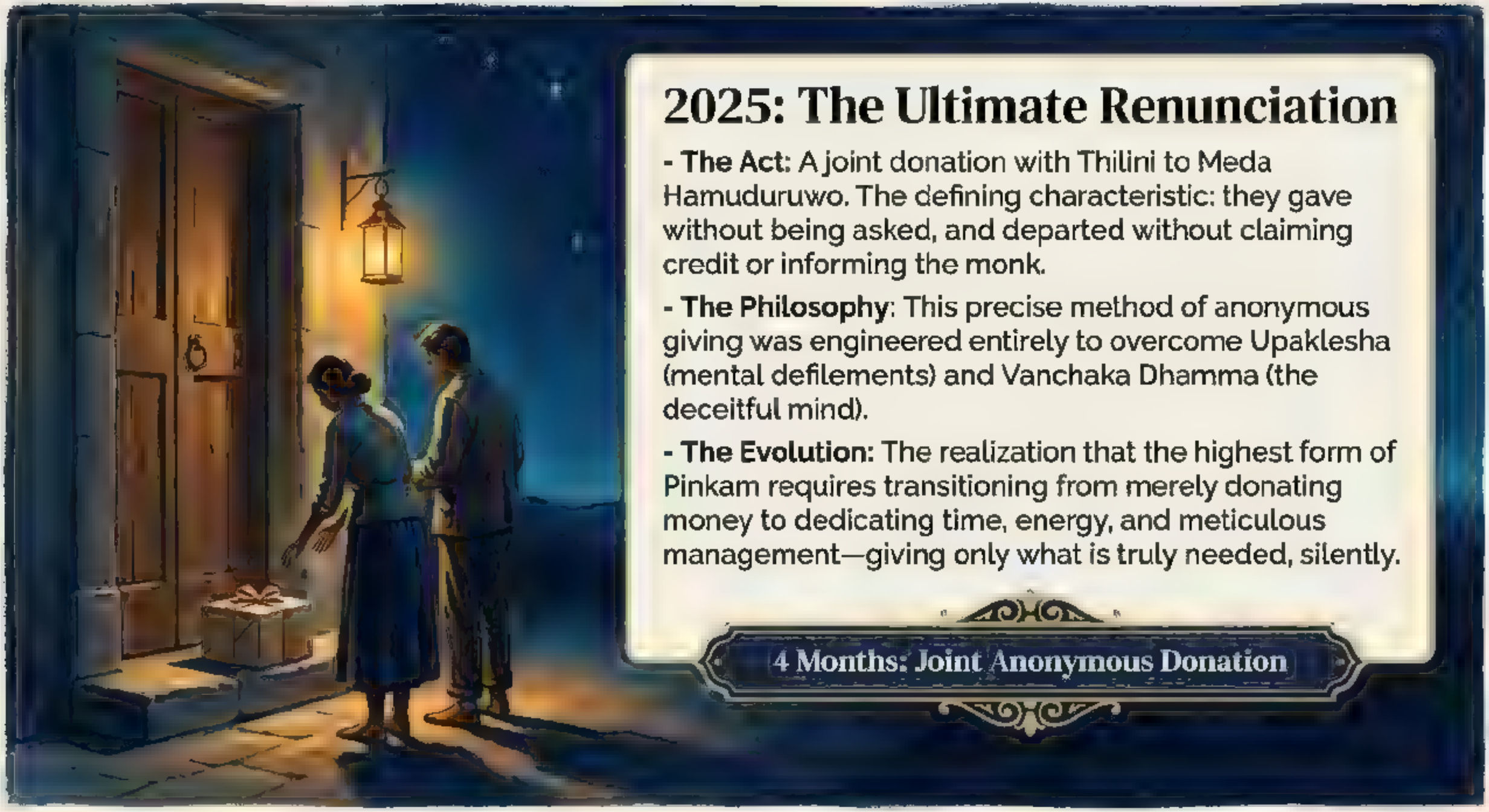
1. භෞතික දානය: ප්‍රධාන වශයෙන් මුදල් සහ ද්‍රව්‍යමය පරිත්‍යාග කිරීම.

NotebookLM

පරිත්‍යාගය යනු
අන් අයට යමක් දීම පමණක් නොව,
අප තුළ ඇති බැඳීම් අත්හැරීමේ
අබණ්ඩ පුහුණුවයි.

දස වසරක වාර්තාගුස්සනිය ÷ මිතු භවයේ දුක් නිවීම පිණිසම හේතු වේවා!
(2014 ÷ 2025)

NotebookLM


2025: The Ultimate Renunciation
- The Act: A joint donation with Thilini to Meda Hamuduruwo. The defining characteristic: they gave without being asked, and departed without claiming credit or informing the monk.
- The Philosophy: This precise method of anonymous giving was engineered entirely to overcome Upaklesha (mental defilements) and Vanchaka Dhamma (the deceitful mind).
- The Evolution: The realization that the highest form of Pinkam requires transitioning from merely donating money to dedicating time, energy, and meticulous management—giving only what is truly needed, silently.
4 Months: Joint Anonymous Donation

NotebookLM

Phase 1: Foundation & Infrastructure

(2014–2018)

Focus: Physical permanence. Constructing monk hostels, massive statues, and laying carpets.

Nature: High monetary cost, large-scale, highly visible structural projects.

Phase 2: Reach & Resilience

(2019–2022)

Focus: Global expansion, technology enablement, and urgent crisis intervention.

Nature: Generators, global mapping, and the rapid deployment of capital for biological and spiritual survival.

Phase 3: Wisdom & Renunciation

(2024–2025)

Focus: Individual human education, massive time-investment, and strict ego-reduction.

Nature: Highly targeted, fully anonymous, and philosophically designed to dismantle Upaklesha.

Chaganussathi is not merely the counting of resources given, but the measure of a heart expanding.

Shramaya: The Transition to Time and Effort

The Realization

While financial giving is essential, true integration of philanthropy requires personal energy.

The New Paradigm

Moving beyond merely monetary giving to dedicating active time, strategic energy, and management skills to charitable causes.

Financial Rule

Going forward, monetary contributions are deployed strictly on a surgical, needs-based criteria, preserving wealth to fund sustainable, long-term impact rather than ad-hoc requests.

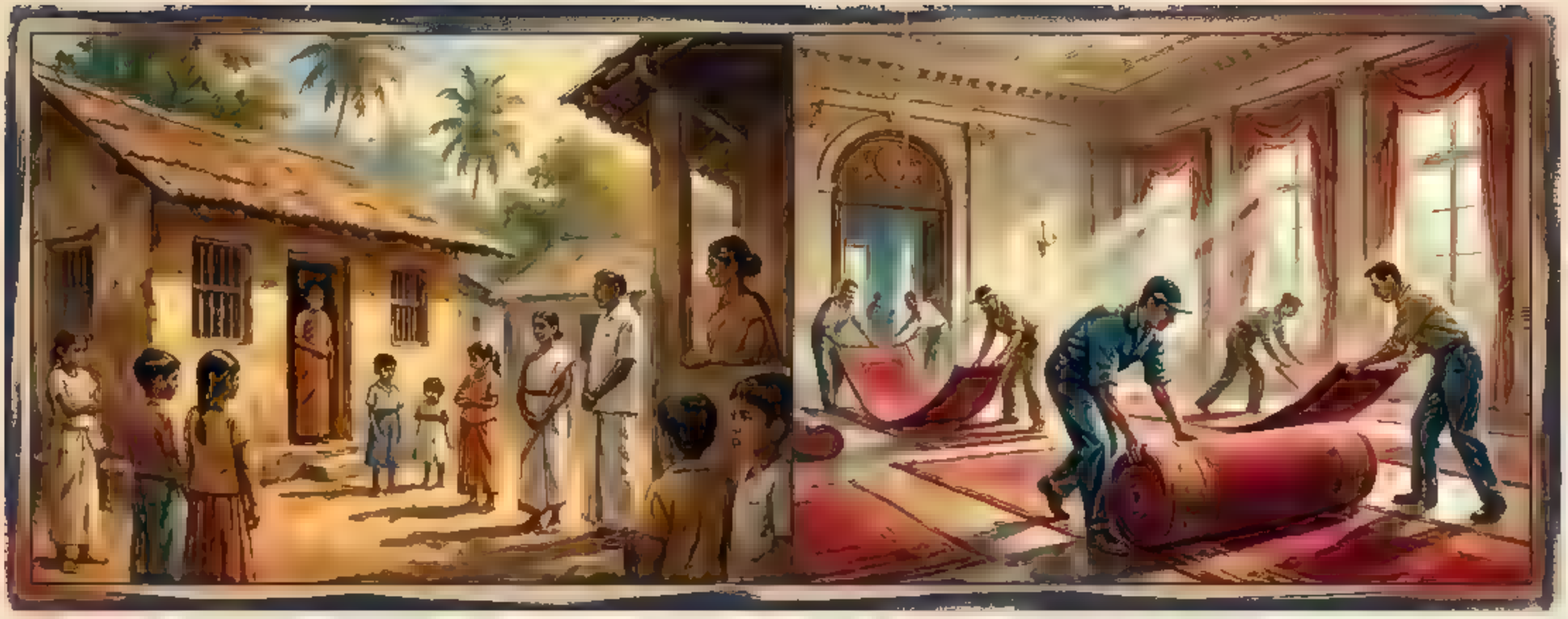
NotebookLM

The Endless Ledger

This record exists solely for the cultivation of Chaaganusathi. It is not a catalog of boasts, but a mirror for mental purity—a reminder of the joy of letting go.

As long as the need exists, and as long as the capacity remains, the practice continues. The ledger remains open.

NotebookLM

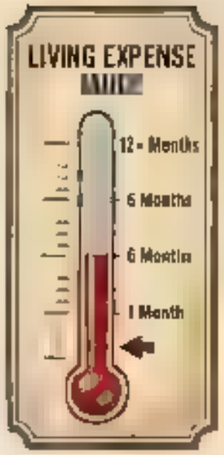


2014: The Origin

Prior to relocating to the US, a significant contribution was made to the Sucharithodaya orphanage. Despite a modest salary, the proportional sacrifice aid the foundation for a lifelong practice.

2016: The First Stateside Acts

- **Humanitarian:** Street charity in the US and food parcels/sick monk requisites in Sri Lanka.
- **Spiritual:** Supporting the Polgahawela Dharmashalawa and Ven. Kiribathgoda Gnanananda's vision for Siriwasawa Sambuddha Raja Maha Prasadaya.
- **Sanctuary:** Carpeting four rooms at the California Asapuwa at the invitation of Ven. Damitha.



1.5
Months:
SL Food & Requisites

1.5 - 2
CA Asapuwa Carpeting

0.5
Months:
Siriwasawa & Polgahawela

NotebookLM

MAHAMEVNAWA
DHAMMAWOOD
BUDDHIST MEDITATION MONA

2017: Weathering the Storms
Back-to-back May floods devastated Sri Lanka. Rapid response provided school bags, books, and clothes for 52 children (at 3,000 rupees per person).
Additional support backed Shraddha TV's distribution of mattresses.
2021: The Global Pandemic
As COVID-19 halted the world, focus shifted to urgent medical relief.
Corporate matching (via Apple) was leveraged to double the impact of massive donations sent to India's COVID crisis.
Continued supporting monk requisites via Nildu Akka.
Living Expense Gauge
1.5 Months:
2017 Flood Relief & Children's Supplies

NotebookLM

චක්‍රවාළ
සත ප්‍රභාද බිඳලමින් ඉදිරියට

The Year of Monumental Sanctuaries (2018)

Inspired by Ven. Kassapa, focus turned to massive, permanent spiritual infrastructure.

- **Vibhajjavada Hostel**: Funding a massive residential facility for traveling monks in Anuradhapura. This stands as one of the largest single commitments of the decade.

- **Bandara Asapuwa:** Sponsoring the creation of the Vipassi Buddha statue and installing modern security systems. A site visited twice by Thilini.

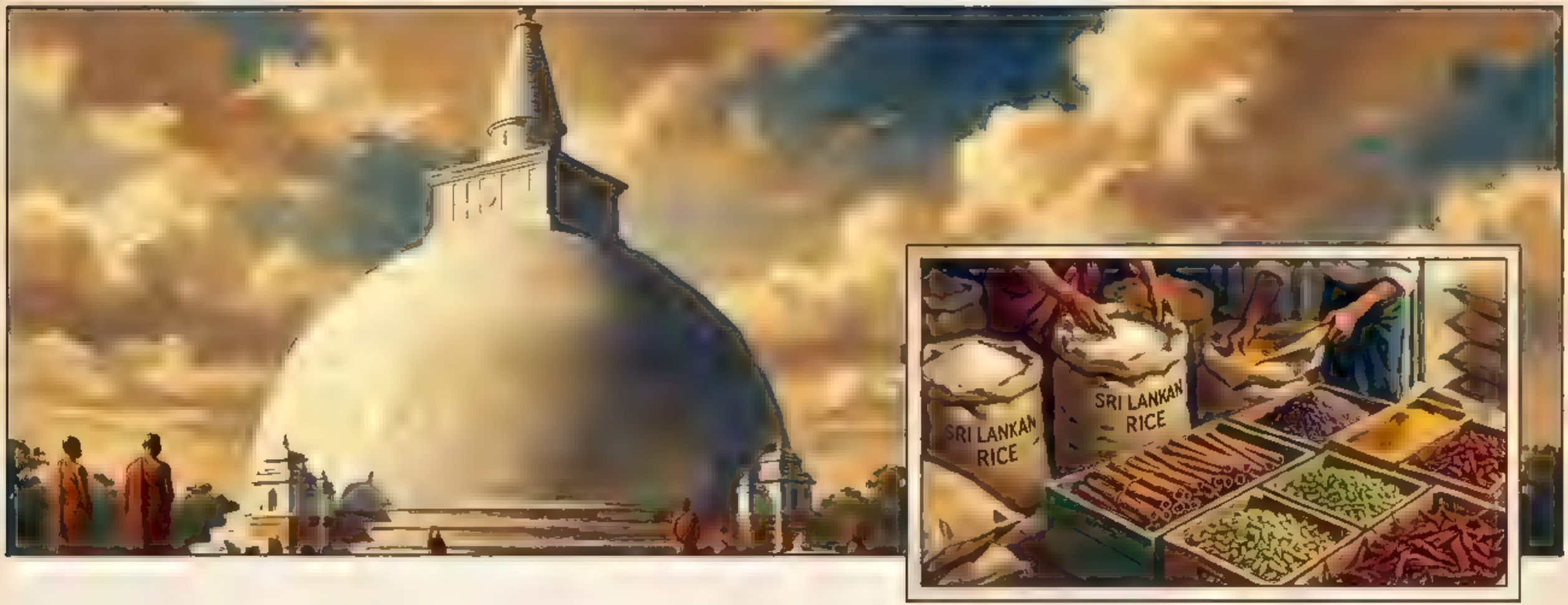
7 Months: Vibhajjavada Hostel

The highest sing e monetary sacrifice

6 Months: Months: Bandara Asapuwa Statue & Security

Living Expense Gauge

NotebookLM



Quiet Retreats (2019)

Providing unprompted, random donations to the Tathagata Meditation Center, ensuring the sustenance of quiet, undisturbed spaces for deep practice.

Sacred Grounds (2020)

Contributing to the massive construction efforts of the Sasun Ketha Mirisawet'ya Hanugama Stupa, cementing permanent spaces for veneration.

Local Sustenance (2020)

Shipping specialized Sri Lankan groceries, rare spices, and rice to directly sustain the Fresno Temple during a prolonged period of isolation.

Living Expense Gauge: 1.5 Months: Hanugama Stupa Construction

NotebookLM

2022: The Global Reach of the Dhamma

United States: The Base

Sponsoring vehicle repairs for Ven. Ahava.

Portugal: The Translation Hub

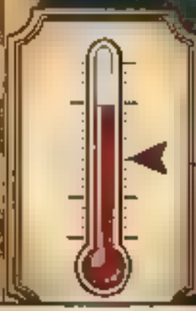
Enabling Dhamma translation into Portuguese via the Caminho do Dhamma broadcast channel.

Myanmar: The Power Hub

Providing critical electrical infrastructure and securing visas for monks sustaining the Dhamma amid severe blackouts.

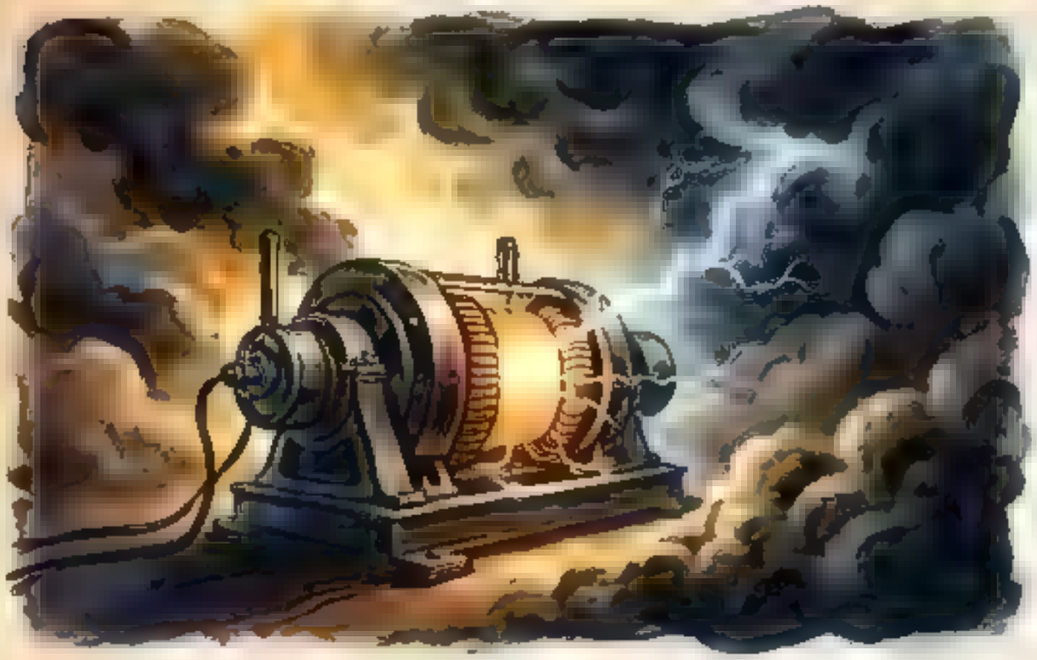
Sri Lanka: The Nourishment Hub

Sponsoring a massive 44-day continuous alms-giving for 300 children at Seruwila.



Living Expense Gauge: 2 Months. Ven. Ahava Vehicle Repair

NotebookLM



1	**Combating the Dark** (Myanmar)	Ven. Dhamma Gaveshi required uninterrupted power for Patthana sermons. Provided a heavy-duty generator, broadcasting green screens, and covered visa costs. For Ven. Siddhartha, supplied UPS systems and hard drives to survive blackouts.
2	**Global Broadcasting** (Portugal)	Funded a complete audio recording booth for the lay creator of the Caminho do Dhamma channel, fully coordinated via an international translator.
3	**Mobility** (Sri Lanka)	Donated 4 phone chargers to Ven Dhammaguru, and mobile speakers to Madushanka and Kumarakashyapa to project mobile sermons to large crowds.
4	**Preservation**	Funded 20 copies of the English translation of the Buddha's life story by Ven. Anandajoti for direct Dhamma dana.

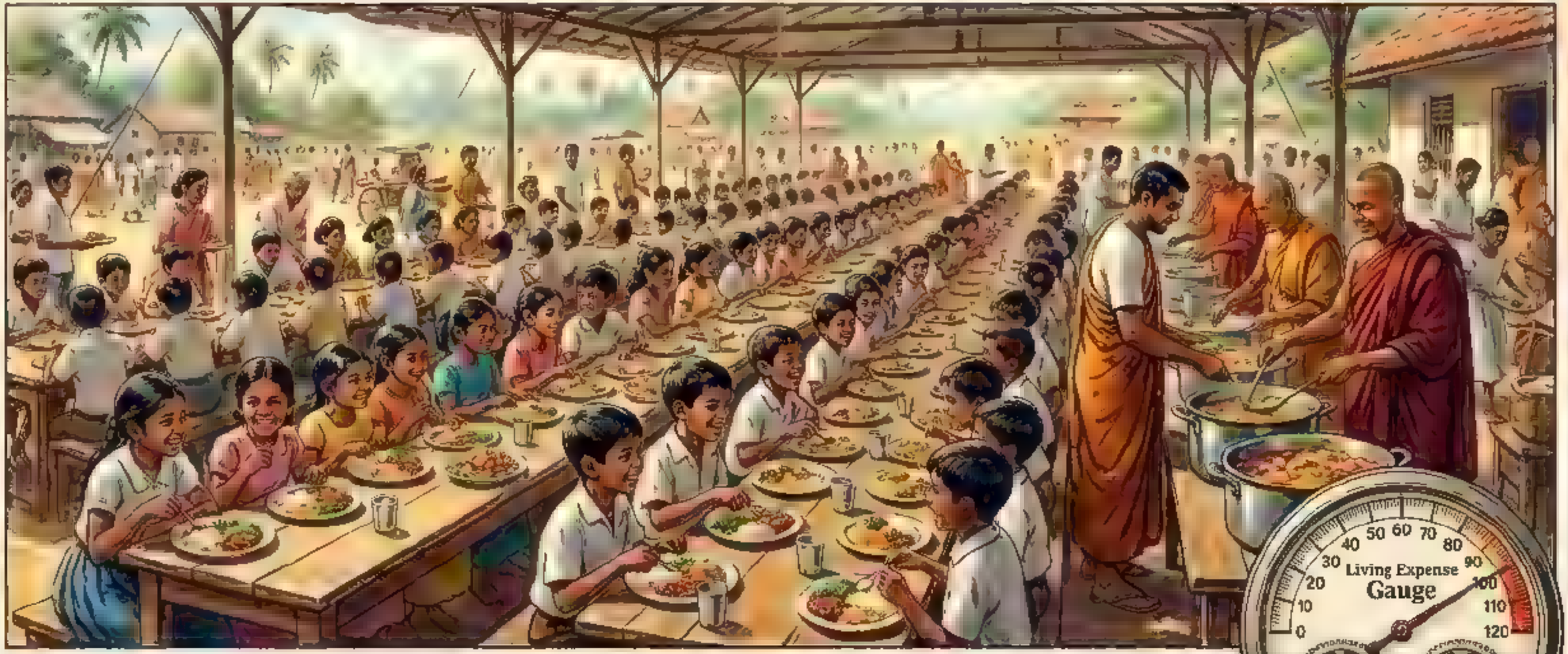
Living Expense Gauge

8 Months: Myanmar Generator & Tech Infrastructure

3 Months: Portugal Recording Booth

1 Month: Mobile Audio Equipment

NotebookLM



Nourishing the Next Generation

Connected through Ven. Subodha, a massive logistical undertaking was launched at Seruwila. The initiative fully sponsored daily meals for 300 children over a continuous 44-day period. This staggering effort ensured that vulnerable children had the baseline nutritional foundation required to focus entirely on their education and physical well-being.

NotebookLM

2024: A Shift Toward Intimate Compassion

Digital Empathy

Supporting Chris, a chiropractor battling colon cancer who used his YouTube broadcast as a real-time teaching of Marananussati (the contemplation of death).

Sustaining the Sangha

Celebrating the 10th visit to Abhayagiri by stocking the monastic kitchen with vital vegetarian supplies (tofu, paneer, eggs, veggie meats) to support their diet.

Kalyana Mitra (Noble Friendship)

Establishing a deep spiritual friendship with the Aloka Bhikkhuni, an exceptional Dhamma teacher, by supporting her personal practice. Additionally supported Ven. Sidchchan prior to his Myanmar journey.

NotebookLM

2025: Sowing Seeds of Knowledge

Moving beyond immediate relief to invest in long-term human potential.

The Academic Partnership

Partnering directly with Prof. Sujeewa, a chemistry lecturer at Ananda College, to identify brilliant students facing critical financial barriers to their education.

Transforming Trajectories

Fully funding one complete year of private chemistry tuition for Sheila, ensuring her academic survival and altering her future prospects. A second student was subsequently adopted for a full year of ongoing support.

NotebookLM

The Philosophy & The Metric

Chāgānussati

The Buddhist practice of recollecting one's own generosity to cultivate joy and mental purity.

The Metric of Sacrifice

Rather than absolute currency, the true weight of a donation is measured in personal sacrifice.

Throughout this ledger, impact is quantified in Months of Sri Lankan Living Expenses (SLLE).

NotebookLM

Phase 1: Roots & Reactive Compassion (2014–2017)

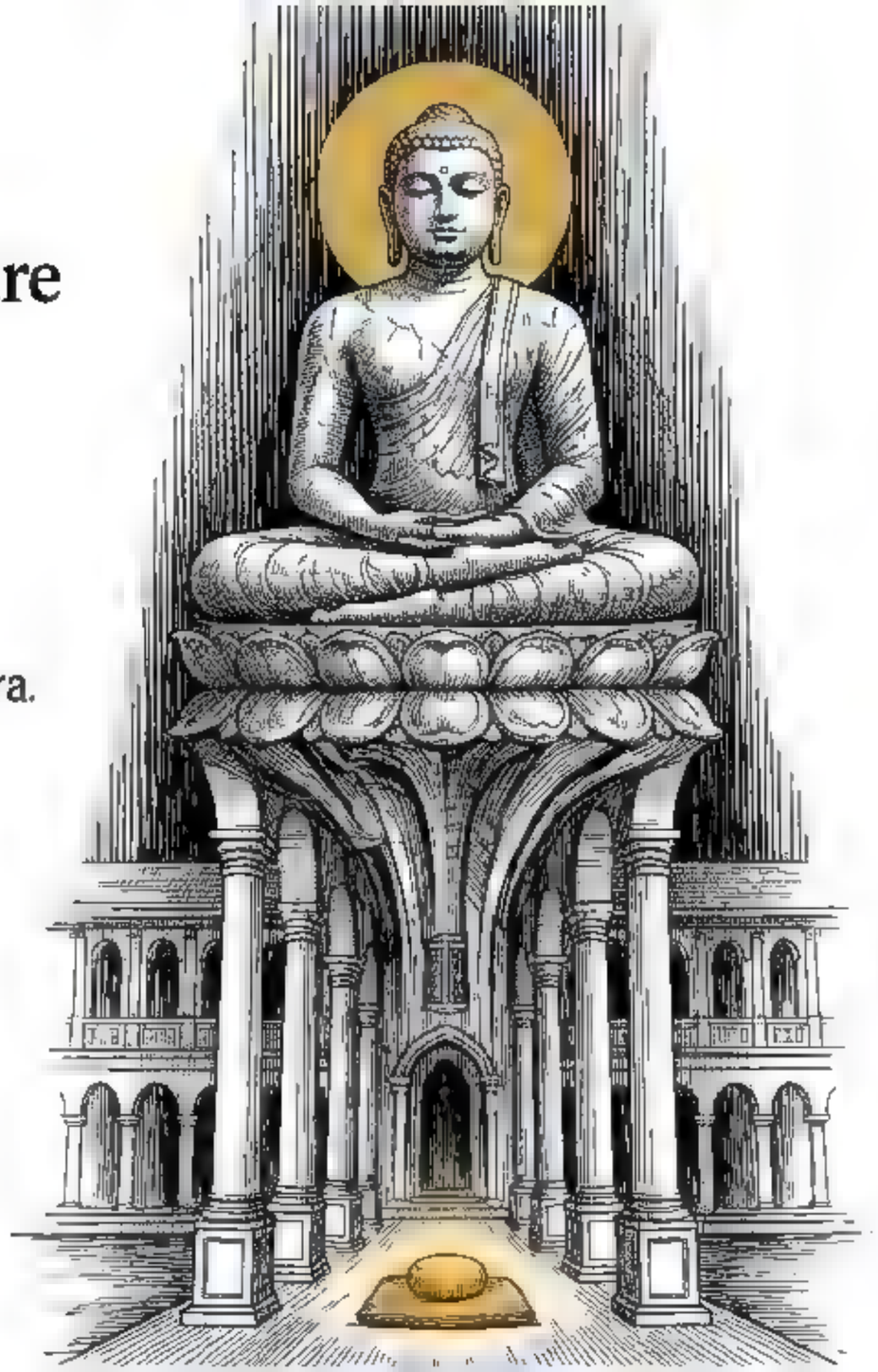
2014 (Pre-US Relocation)
Support for the Sucharithodaya Child Development Center via Anjana.

2016–2017 (Disaster Relief)
Responding to back-to-back Sri Lankan floods. Provided mattresses to Shraddha TV and complete school supplies (bags, clothes, books) for 52 children.
Impact: 1.5 Months SLLE

Local Welfare Support for unhoused populations in the US and carpeting 4 rooms at the California Asapuwa.
Impact: 1.5–2 Months SLLE

NotebookLM

Phase 2: Building Spiritual Infrastructure (2018–2020)



Monumental Support (2018)

Construction of the Vibhajjavada Bhikkhu Dormitories in Anuradhapura.

Impact: 7 Months SLLE

Unprompted Gratitude (2019)

Spontaneous donation to the Tathagata Med tation Center, given purely in gratitude for a sanctuary of quiet.

Bandara Asapuwa (2018)

Funding the Vipassi Buddha Statue and CCTV security.

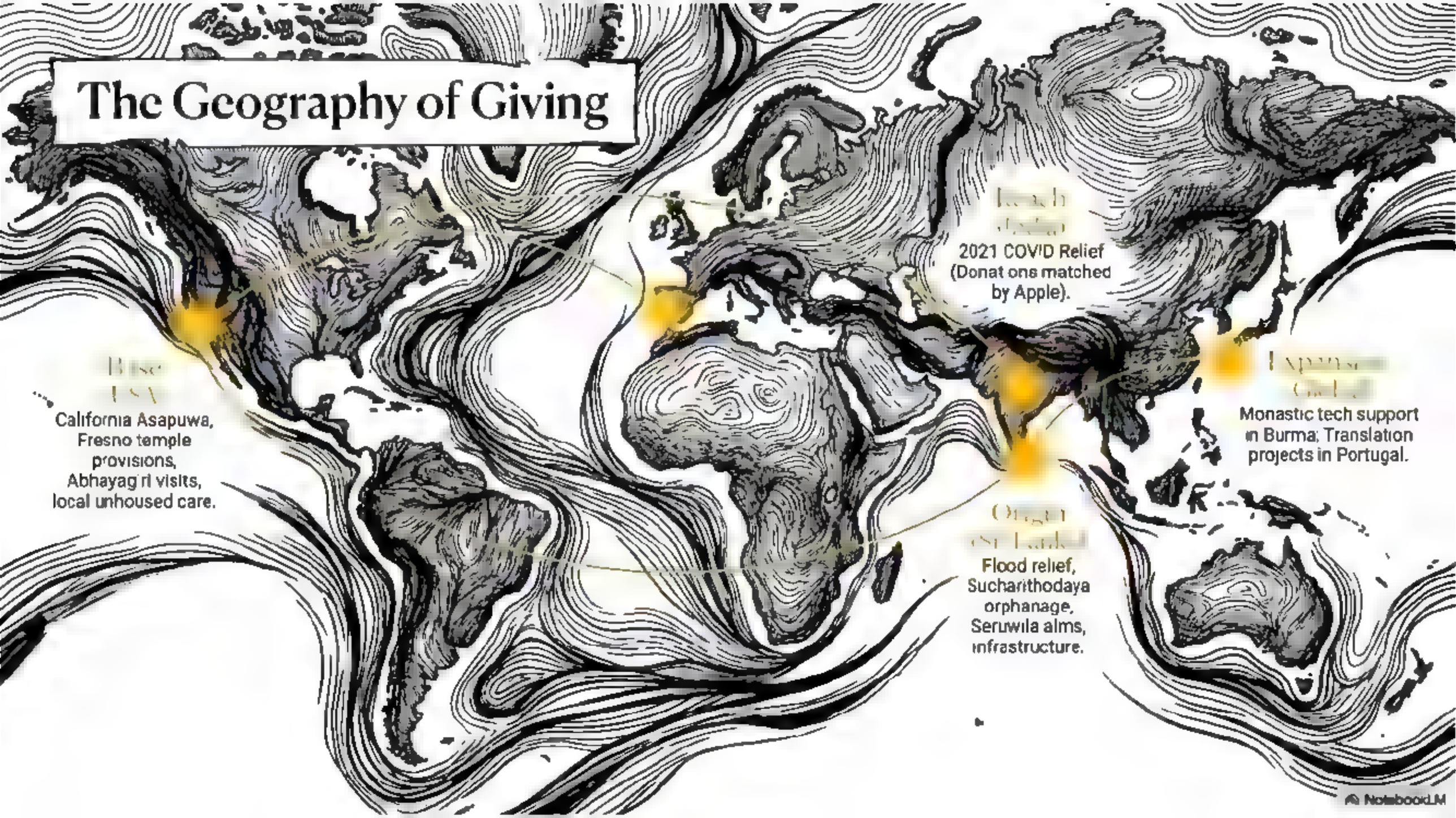
Impact: 6 Months SLLE

Sustaining the Sangha (2020)

Mirisawetiya painting/coating for Sasun Ketha.

Impact: 1.5 Months SLLE

NotebookLM


The Geography of Giving
2021 COVID Relief
(Donat ons matched
by Apple).
California Asapuwa,
Fresno temple
provisions,
Abhayag ri visits,
local unhoused care.
Monastic tech support
in Burma; Translation
projects in Portugal.
Flood relief,
Sucharithodaya
orphanage,
Seruwila alms,
infrastructure.
NotebookLM

Phase 3: Empowering the Global Dhamma (2022)

Burma (Hardware)

Generator, green screen, and visa costs for Dhamma Gaveshi Thero's chanting. SSDs for Siddha Thero to bypass power cuts.

Impact: 8 Months SLLE

Portugal (Translation)

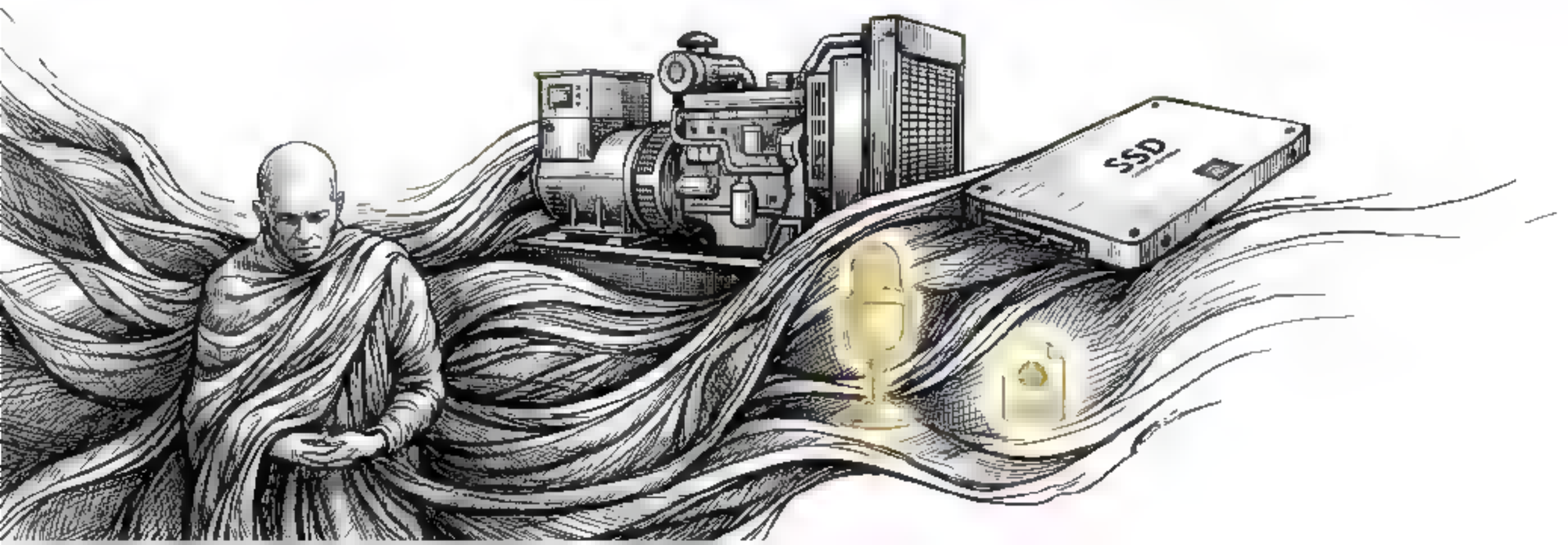
Recording booth and equipment for the Caminho do Dhamma Portuguese channel.

Impact: 3 Months SLLE

Sri Lanka (Digitization & Welfare)

Typing 50 sermons of Nimala Dhaja Thero for distribution. Funding 44 days of Seruwila alms for 300 children.

Impact: 6 Months SLLE



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Phase 4: Mindful & Targeted Compassion (2024)

Marananussati (Recollection of Death)

Supporting Chris, a YouTube chiropractor broadcasting his battle with colon cancer.

Sustaining the Sangha

Providing for the personal and kitchen needs of Aloka Mehen Wahansa, recognizing her profound impact as a Spiritual Friend.

Honoring Teachers

The 10th systematic visit to Abhayagiri, transitioning to providing highly specific, targeted kitchen supplies (tofu, nuts, paneer, eggs).

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The Taxonomy of Generosity

Era Focus	Key Beneficiaries	Modality
2016-2017	Flood victims	Physical Goods (Mattresses, School supplies)
2018-2020	Monastics	Construction & Facilities (Dorms, Statues, Carpets)
2022	Global Seekers	Technology (Generators, SSDs, Translation Booths)
2024-2025	Teachers & Students	Targeted Sustenance & Education (Tutors, Specific Provisions)

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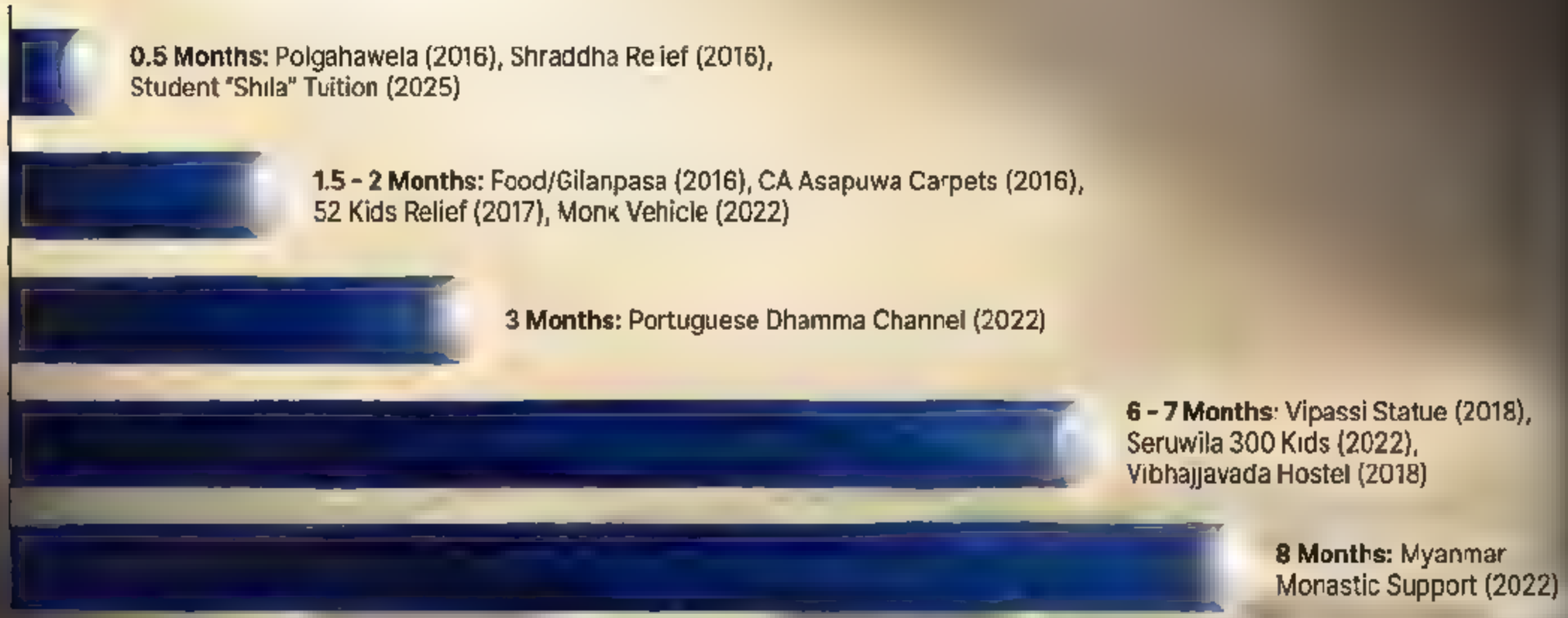
The Currency of Generosity

True charity is measured not by absolute wealth, but by the weight of the sacrifice. Throughout this decade, financial contributions were calibrated against personal livelihood, measured in Months of Sri Lankan Living Expenses (LEI).



0.5 Months: Polgahawela (2016), Shraddha Relief (2016), Student "Shila" Tuition (2025)

1.5 - 2 Months: Food/Gilanpasa (2016), CA Asapuwa Carpets (2016), 52 Kids Relief (2017), Monk Vehicle (2022)

3 Months: Portuguese Dhamma Channel (2022)

6 - 7 Months: Vipassi Statue (2018), Seruwila 300 Kids (2022), Vibhajjavada Hostel (2018)

8 Months: Myanmar Monastic Support (2022)

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The Impact Geography

USA
(The Local Community)
California Asapuwa, Fresno temple supply, Abhayagiri monastery, direct aid to local homeless.
Sri Lanka
(The Origin)
Sucharithodaya orphanage (2014), Mirisawetiya stupa, Seruwila, Polgahawela, Bandara Asapuwa.
India
(Crisis Response)
COVID-19 relief amplified via corporate matching.
Portugal
(Global Dhamma)
Funding translation for the Caminho do Dhamma channel.
Myanmar
(Monastic Sustenance)
Support for Dhamma Gaveshi Thero and Siddhattha Thero during infrastructure crises.

NotebookLM

Phase I: The Foundation (2014 – 2017)

Establishing the practice through material generosity and crisis response.

Humanitarian

2014: Initial contribution to Sucharithodaya orphanage via Anjana.

2016: Food parcels and Gilanpasa (sick monks' requisites) with full family participation. Direct charity to the homeless on LS streets.

Disaster Relief

2016: Sri Lanka floods—mattresses and cushions via Shraddha TV.

2017 (May): Back-to-back floods. Fully outfitted 52 children (school bags, books, clothes at 3000 LKR/person).

Buddhist Infrastructure

2016: Carpeting four rooms at California Asapuwa (Damitha Thero).

Initial support for Siriwasa Sambuddha Raja Maha Prasadaya and Polgahawela Dharmashalawa.

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Phase II: Infrastructure & Scale (2018 – 2022)

2018 - The Vibhajjavada Hostel

Inspired by Kassapa Thero, a **massive 7-month LEI contribution** to construct a monks' hostel for traveling clergy in Anuradhapura.

2018 - The Vipassi Statue

6-month LEI contribution toward the Vipassi Buddha statue and CCTV system at Bandara Asapuwa.

2020 - Sasun Ketha

Contributing to the plastering of the Mirisawetiya stupa.

2022 - Seruwila Alms

Triggered via Subodha Thero, funding 44 days of nutritious meals for 300 impoverished children (**6-month LEI**)

2022 - Mobility

Providing initial funds ($2550) for a monk's vehicle.

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The Multiplier Effect

Corporate Matching (India)

During the 2021 COVID crisis, direct aid to India was doubled through the Apple employee matching program, instantly amplifying the relief impact.

Technological Sustenance (Myanmar)

Supporting Dhamma Gaveshi Thero and Siddhattha Thero. Overcame severe power cuts by supplying a generator, UPS, hard disks, a green screen, and visa costs (**8-month LE1 total**).

Language Translation (Portugal)

Bridging the language gap. Funding a translator (**3-month LE**) for an Italian layman running the Caminho do Dhamma channel, ensuring teachings reach a new demographic

NotebookLM

Preserving Knowledge and Empowering Minds

Preservation (2022)

Supported the typing and digital preservation of 50 sermons by Nimala Dhaja Thero (inspired by the Mahavamsa stories of King Agbo).

Academic Sponsorship (2025)

Guided by Prof. Sujeewa (Chemistry Lecturer, Ananda College), sponsored a full year of tuition for a student named Shila, followed by the sponsorship of a second student.

Dhamma Dana (2022)

Printed and distributed 20 copies of "Buddha, My Refuge"—the English translation of the Buddha's life by Anandajoti Thero.

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Phase III: The Refinement of Mind (2024)

Generosity shifted inward. The focus moved from building physical infrastructure to supporting individual spiritual journeys and contemplating the nature of life.

Marananussati

Following Chris, a chiropractor documenting his terminal colon cancer on YouTube. Made a small donation, utilizing his stream to practice Marananussati (mindfulness of death).

Monastic Sustenance

The 10th recorded visit to Abhayagiri Monastery. Provided specialized, thoughtful kitchen supplies (vegetarian meats, eggs, tofu, paneer).

Spiritual Mentorship

Supporting the personal requisites of Aloka Mehenī, who became a profound spiritual friend (Kalyana Mitra), offering guidance on Dhamma and personal life.

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The Evolution of the Giving Mindset

	2014–2022	2024–2025
Primary Resource Given	Material Wealth & Funding	Time, Energy, and Direct Effort
Visibility	Highly documented, family-involved, public projects	Silent, unannounced. Didn't ask, didn't tell.
Response Trigger	Reacting to appeals, campaigns, and grand visions	Quietly observing a direct need and fulfilling exactly that amount
Spiritual Motivation	Accumulating merit and building infrastructure	Purifying the mind and actively reducing defilements (*Vanchaka Dhamma / Upakkilesa*)

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THE PATH OF THE SAGES
(Spiritual)
Fortifying monastic infrastructure, providing technological arsenals for Dhamma propagation, and sustaining global globa. monastics.
THE PATH OF COMPASSION
(Humanitarian)
Battling natural disasters, sustaining the innocent through mass feeding programs, and empowering minds through education
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The Index of Sacrifice

The Metric

Rather than pure dollar amounts, the ultimate weight of these deeds is measured in "Months of Sri Lankan Living Expenses."

The Ultimate Currency

Measures the personal sacrifice and time-value equivalent required to fund a heroic deed.

Scale Examples

Ranges from 0.5 months for targeted education relief up to a staggering 8 months for international monastic infrastructure.

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2014 - The Spark
Funding the Sucharithodaya Child Development Center (Anjana's orphanage initiative) prior to US relocation.
2016 - The First Grand Deeds
California Asapuwa: Carpeting 4 rooms for Damitha Hamuduruwo (Expense: 1.5–2 months SL living).
Siriwasawa Sambuddha: Funding the architectural vision model for Kiribathgoda Nyanananda Thero.
Polgahawela Dharmashalawa: Early infrastructural contribution (0.5 month SL living).
US Relief: Direct donations to the homeless on American streets.
NotebookLM

2016 Flood Relief
Partnering with Shraddha TV to supply essential mattresses and pillows to comfort displaced families (0.5 month SL living).
Sustaining the Sick
Delivering targeted food parcels and medical requisites for ailing monks (1.5 months SL living).
May 2017 - The Educational Rescue
Following back-to-back floods, a targeted mission to save the futures of 52 children.
• The Arsenal: School bags, clothing, and book essentials.
• The Impact: 3000 LKR invested per child (1.5-month SL living expense).
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Bandara Asapuwa (2018)
Funding the construction of the Vipassi Buddha statue and installing vkal CCTV security networks.
Sacrifice: 6 months of SL living expenses.
Sanctuaries of Peace (2019-2020)
Tathagata Meditation Center: Sustaining peaceful practice (2019)
Sasun Ketha Mirisawetiya: Painting and coating the stupa (1.5 months SL living, 2020)

Mobile Sermon Support (2018)
4 phone chargers for Dhammaguru Thero and 2 speakers for Kumarakassapa Thero's mobile teachings (1 month SL living).
The Burma Outposts (2022)
• Dhamma Gaveshi Thero: Generator, green screen, and Visa funding for Patthana teachings (Massive 8-month SL living expense).
• Siddhattha Thero: SSD hard drives to combat crippling power cuts.
The Portuguese Vanguard (2022)
Audio equipment for 'Caminho do Dhamma', a Portuguese Dhamma channel powered by English translators (3 months SL living).
Mobility Support (2022)
Project 2550 vehicle contribution for essential monastic transport (2 months SL living).
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The Great Plague & Global Healing (2020–2021)

Sustaining the Fresno Temple (2020)

Direct intervention during global lockdowns. Shipping specialized Sri Lankan dry rations, rice, and specific ingredients to sustain monks isolated in the US.

India COVID-19 Crisis (2021)

Strategic corporate leverage. Utilizing Apple's corporate donation matching to instantly double the impact of humanitarian relief funds sent to India. Plus, direct requisites supplied to 2 monks via Nildu Akka

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NURTURING MINDS & LORE (2022)
• English Dhamma: Distributing 20 English translations of the Buddha's life story by Ananda Thero.
• Archiving the Masters: Inspired by the Mahavamsa, funding the typing and digital archiving of 50 historic sermons by Nimala Dhamma Thero.
• Relic Veneration: Hosted at the Asapuwa.
NURTURING BODIES (2022)
• The Serawila Almsgiving: Connected via Subodha Thero / NextGen.
• The Impact: Feeding 300 impoverished children continuously for 44 days.
• Sacrifice: 6 months of SL living expenses.
NotebookLM

Diagnostic Matrix
Path of Sages (Spiritual)
Path of Compassion (Humanitarian)
Dominant Focus
Permanent Infrastructure & Technology
Immediate Relief & Physical Sustenance
Peak Investment
8 months SL living (Burma tech)
6 months SL living (Seruwila feeding)
Key Modalities
Temple Carpeting, Monastic Statues, Tech Hardware, Archival
Flood Rescue, Mass Feeding, Medical Funds, Education
The Synthesis: A perfectly balanced ecosystem—heavy, permanent infrastructural investment on the spiritual side; rapid, high-impact tactical relief on the humanitarian side.
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Sri Lanka
Epicenter of disaster relief, mass feeding (Seruwila), and monumental temple infrastructure
Myanmar (Burma)
Technological lifelines (generators, SSDs) for Dhamma propagation amidst severe power crises.
USA (California/Fresno)
Asapuwa enhancements, Tathagata Center, and continuous lockdown support.
India
Doubled tactical relief via corporate matching during the peak of the COVID-19 crisis.

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Medical Empathy (Marananussati)
Inspired by meditations on mortality, providing financial support via YouTube to "Chris," a chiropractor battling colon cancer.
Sustaining the Monastic Kitchen
The 10th visit to Abhayagiri monastery, supplying massive provisions: vegetables, nuts, eggs, tofu, and paneer for the monastics.
Empowering Women in Dhamma
Dedicated support and kitchen provisions (during her Burma trip) for Aloka Bhikkhuni, deeply recognized as a profound Dhamma teacher.
NotebookLM

The Ultimate Mastery: Invisible Merit (2025)

- **The Boss Battle Against the Ego:** Conquering Upakkilesa (defilements) and Vanchaka Dhamma (deceptive mind states).
- **The Invisible Merit:** Donating 1.5 months of SL living expenses to Medha Thero. The Rule: "We didn't ask what it was for, and we didn't announce we gave it."
- **Targeted Education:** Funding 1-year tuition for Shila (0.5 month) and another student via Prof. Sujeewa.
- **The New Philosophy:** Evolving from purely monetary wealth to prioritizing the sacrifice of Time and Energy. Giving exactly what is needed, completely unseen.

STAGE 1:
THE GRAND BUILDER
(2014–2018)
THE MANCIAL FINN
& SCRUIMENT
High financial output, highly visible monumental impact (carpeting, statues, monastic hostels).
STAGE 2:
THE GLOBAL
SUSTAINER
(2019–2023)
Tactical, borderless interventions (technological arsenals, global COVID relief, mass feeding).
STAGE 3:
THE INVISIBLE HAND
(2024–2025)
Ego-less giving. Anonymous support, time-investment, and exact-need fulfillment to conquer the mind's defilements.
TRUE MERIT IS NOT MEASURED BY THE WEIGHT OF THE GOLD,
BUT BY THE LIGHTNESS OF THE MIND.
NotebookLM

The Meritorious Balance

Material Generosity:
External accumulation of merit through vast material support.

Spiritual Practice:
Internal purification through the donation of time and the systematic reduction of ego.

While the early years required heavy material output to build the foundation of generosity, the ultimate goal is internal. By 2025, donating one's **time and effort outweighs material wealth** in the pursuit of mental clarity.

NotebookLM

2025: The Art of Silent Giving

After a decade of spanning the globe—funding statues, hostels, and relief efforts—the journey reaches its peak not with the largest donation, but with the quietest.

In May 2025, a donation was made silently alongside Thilani. They did not ask for it. We did not claim we gave it.

Giving quietly, matching the exact need without announcement, is no longer about building external structures. It is a deliberate practice to eliminate Vanchaka Dhamma (hypocrisy) and Upakkilesa (mental defilements). The true act of charity is the purification of the mind.

NotebookLM

Phase 5: The Evolution of Intent (2025)

The Paradigm Shift

Moving beyond monetary transactions. The primary currencies of generosity are now Time, Labor, and Management.

The Method (Unprompted Giving)

Supporting Medha Thero's needs without asking, and without announcing the deed. Providing chemistry tuition quietly.

Impact: 0.5 Months SLLE

The Ultimate Purpose

Relinquishing ego. Giving purely to reduce Upakkilesa (mental impurities) and Vanchaka Dhamma (deceptive mental states).

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The Ledger of the Mind

The truest measure of a decade of giving is not the ledger of resources spent, but the stillness of the mind that remains.

10+ Years. 4 Continents. Countless Lives Touched. A Mind Transformed.

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